

**CUP AND PLATTER;  
OR, NOTES ON FOOD  
AND ITS EFFECTS**

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Cup and Platter; Or, Notes on Food and Its Effects by George Overend Drewry & H. C. Bartlett

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**GEORGE OVEREND DREWRY & H. C. BARTLETT**

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Henry G. Deming.

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BY

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HENRY S. KING & Co., LONDON.

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## PREFACE.

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THESE chapters contain in a condensed form the notes of a series of lectures which were given for the purpose of explaining in a simple manner the most important points in connection with this subject. It is worthy of note that the necessity for action in the matter was felt by the lecturers as the result of their daily observation on the two distinct classes of agents concerned in the processes of digestion and assimilation; namely, those in the body, termed digestive principles, and those outside the body, the various components of food. This was how an analyst whose daily business it is to examine foods, and a physician who devotes himself especially to the treatment of the stomach, from their two distinct fields of observation, were led to the same conclusion. From every logical deduction derived from the most practical experience, it became apparent that a more extended knowledge of this all-important subject must be unfolded to the minds of all classes, both for the successful treatment of diseases, and for the maintenance of health.

1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that proper record-keeping is essential for transparency and accountability, particularly in the context of public administration and government operations. The text notes that such records serve as a critical tool for monitoring performance, identifying inefficiencies, and ensuring that resources are used effectively and ethically.

2. The second part of the document outlines the specific requirements for record-keeping, including the need for timely updates, clear documentation, and secure storage. It stresses that records should be maintained in a manner that allows for easy access and retrieval, while also ensuring their confidentiality and integrity. The document provides detailed instructions on how to organize and categorize records, as well as the procedures for archiving and disposing of information that is no longer needed.

3. The third part of the document addresses the challenges associated with record-keeping, such as the volume of data generated, the complexity of information systems, and the risk of data loss or corruption. It offers practical solutions and best practices to overcome these challenges, including the use of standardized formats, regular backups, and the implementation of robust security protocols. The text also highlights the importance of training staff on proper record-keeping procedures to ensure consistency and accuracy across all levels of the organization.

4. The fourth part of the document discusses the legal and regulatory requirements that govern record-keeping, particularly in the public sector. It notes that various laws and regulations mandate the retention of certain types of records for specific periods of time, and that failure to comply with these requirements can result in significant penalties and legal consequences. The document provides a comprehensive overview of these requirements, including the retention schedules for different categories of records and the procedures for handling records that are subject to public access requests.

5. The fifth part of the document concludes by emphasizing the long-term benefits of a strong record-keeping system. It notes that well-maintained records can provide valuable insights into organizational performance, support decision-making, and facilitate the resolution of disputes. The text also highlights the role of records in preserving institutional memory and ensuring the continuity of operations over time. Finally, the document encourages organizations to adopt a proactive approach to record-keeping, recognizing it as a key component of effective governance and management.



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## CUP AND PLATTER:

NOTES ON FOOD AND ITS EFFECTS.

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### INTRODUCTION.

THE importance of an extended knowledge of the principles which regulate the processes of digestion and assimilation of food cannot be too highly estimated. It is the possession of this knowledge, and this alone, which can enable persons to discriminate between the good and bad in food, to select those foods which are suitable for the purposes required, and to reject those, unfortunately now so common, which are manufactured to secure large profits, altogether without regard to wholesome and judicious composition.

The first great principle which must be realised, is that the body itself, in all its various structures, is composed of different groupings of the same elements as exist in the several kinds of food. The